

# Herald of Health



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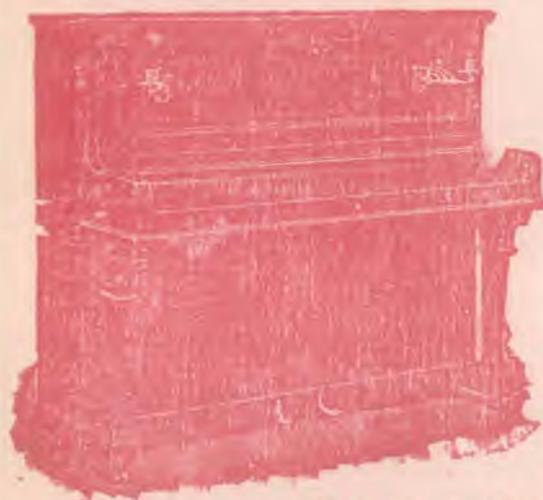
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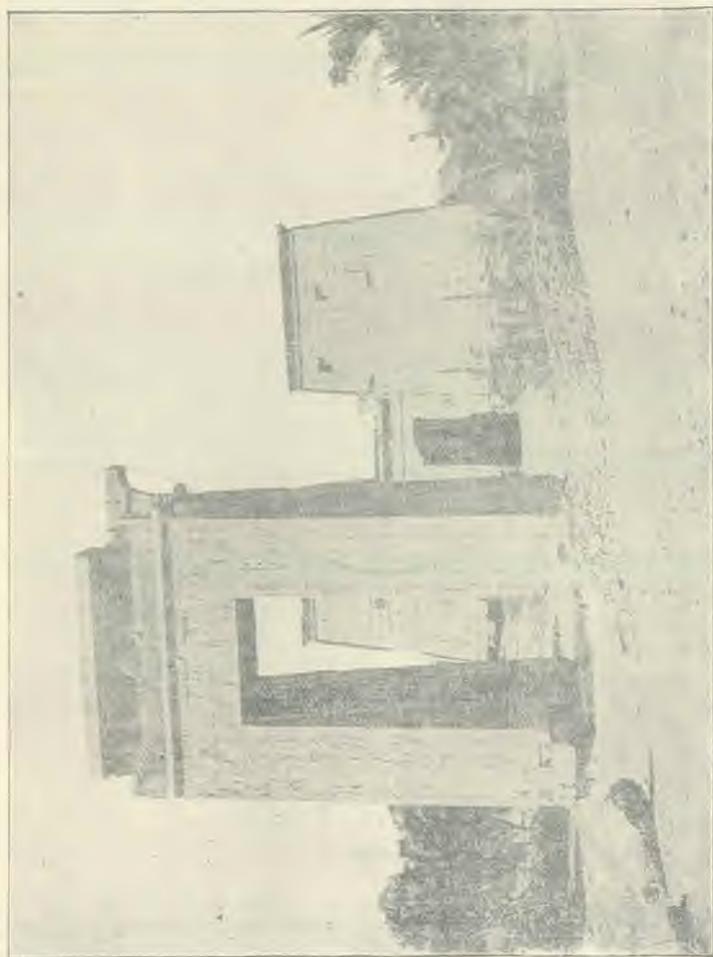
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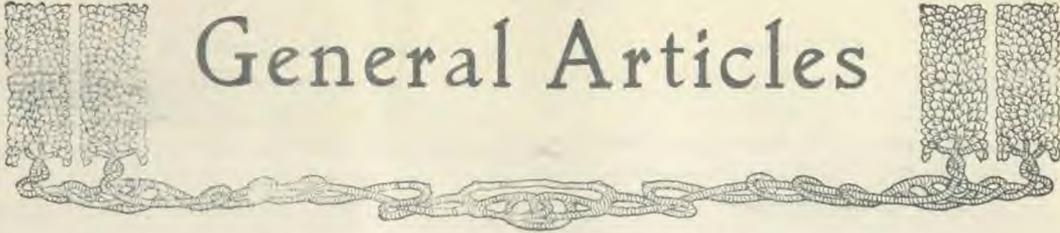
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ANCIENT ARCHES AT LUXOR, EGYPT





# General Articles

## Discipline or Dissipation

BY A. B. OLSEN, M. D., D. P. H.

WHEN the late Captain Scott sat facing death in a little snow-hut in the Antarctic, he wrote to his wife with regard to their only son: "make him a strenuous man." The hero of the South Pole was himself a strenuous man, and his message has a distinct personal application and to day it ought to come like a clarion call to every man and woman of our nation. Be strenuous and lead a strenuous life, is the message. Will you heed the call? Will you turn aside from the foolish follies and enervating pleasures of the world? Are you willing to give up ease and luxury for the welfare and security of home and country? If ever there was need for a sober people and an earnest, strenuous life, surely now is the time, for are we not engaged in the greatest life and death struggle in our history? What are you doing to insure a speedy and successful termination of the hideous war that is raging in Europe to day?

### Ability to Endure

At the present time, roughly speaking, we have some two or three million soldiers either in training or on the battle field. These men represent the very flower of our youth and manhood. The training that the soldier receives must necessarily be severe and strenuous. We know that the athlete, when in training, makes every possible effort to develop strong muscles, steady nerves, a sturdy frame and a sound constitution, all for the purpose of enabling him to compete in some athletic event. The same careful, strenuous training is just as important and just as essential for the soldier, for is not soldiering in war-time a far more serious and

strenuous life than mere athletics? And is not the struggle one of life or death?

One of the first lessons that either an athlete or a soldier has to learn is the art of endurance, the ability to hold out longest. Great patience and perseverance are necessary, for, in the majority of cases, endurance tells in the long run and those who are able to undergo prolonged hardship and still hold out win. It is a fact that great strength is often of even less importance than the ability to lead a rough active life and to endure hardships of all kinds. Such endurance requires the highest degree of vitality and strong and steady nerves.

### Better Discipline.

But the hardening process through which the soldier must pass is by no means a pleasant one, for it always requires a large amount of sacrifice and self-denial. While in training as a recruit or while soldiering at the front it is necessary to lead continuously a rough and strenuous life. Strict discipline of both body and mind are essential to success. Luxuries are strictly taboo because of their enervating influence. Indeed, anything that might hamper or hinder the vigorous development of the body must be avoided. Appetite must be under constant control and any unwholesome habit of life must be promptly dropped.

Comparatively few have learned the great value of self-discipline, but now with war threatening our coasts and our country there is a rare opportunity for everyone, young or old, to begin self-training and self-discipline.

**Self-Control.**

The first step in the acquirement of satisfactory discipline of mind and body is to learn self-control. To be master of the body and its various activities and functions and not the slave is the object of self-discipline. One of the best means of cultivating will-power is by leading a life of abstinence. The question is not, do I want this or like that, but rather, do I really need this or that, and will it increase my fitness for service or not?

Self-control means abstinence from hurtful habits and sensual lusts, all of which serve to dissipate the resources of the body and weaken the nerves. Abstinence has the direct effect of increasing brain-power, nerve control, and general physical fitness.

Furthermore, self-control means the ability to resist temptation even in little things and to give a stern negative to the tempter. What appear to be "little things of life" often have tremendous influence for good or ill. Learn to revel in abstinence, to work for the love of the work, and to do right for the love of right-doing. The real question is, not how much I want, but rather how little can I do with.

**Hurtful Habits.**

Let each one examine himself. Are any hurtful habits cherished—habits which weaken the physique and undermine the constitution; habits which squander money, waste time, and dissipate health? Everyone should make it a rule to protect himself from body and soul destroying lusts. Yielding to the dictates of a perverted appetite always weakens the resistive forces of the body, diminishes self-control, and opens the door to further temptation and further fall.

**Dissipating Health.**

What might not matter so much in the "piping times of peace" may become very important in war-time and may even have a decisive influence in the conflict. This is particularly true of all drug-habits including the habit of taking alcoholic drinks. When a man drinks a glass of beer or wine or

spirits he at once lowers his physical and mental efficiency and becomes less fit for service, whatever that service may be. It is a well-known fact that alcohol is always and at all times a poison and that its influence upon both muscles and nerves is insidious and deceptive, so that a man under its influence is liable to think himself more fit than he is. Furthermore, it has the peculiar effect of giving a sensation of warmth while at the same time it renders a person more susceptible to cold. This is why the polar explorers are very strict in avoiding alcohol in any form even in the greatest cold when the mercury drops many degrees below zero.

The essential effect of alcohol upon all the living tissues of the body is to harden them and thus render them less fit for their normal activities. Blood-vessels lose their natural elasticity under the influence of alcoholic beverages, even though taken in strict moderation, and as the hardening process goes on there is an increasing danger of an apoplectic stroke or some other dire disaster.

Some of the most important of the internal organs, such as the liver and the kidneys, also undergo this hardening process through the direct effect of the alcohol, and as these organs harden they shrivel and shrink and become less and less efficient for the particular service that they render the body.

**Physical and Mental Efficiency.**

The highest degree of efficiency, whether physical, mental, or moral is impossible in anyone who uses alcohol, even though it may be in strict moderation. Those who indulge become less tolerant to discomforts, pain, and distress. It is true that alcohol tends to make one careless and presumptuous, but "Dutch courage" is not wanted, whether in the case of soldiers or civilians.

The neurotic tendencies of a man become accentuated when he takes to alcohol, and the powers of concentration of the mind are steadily diminished. Close application and discriminating care and attention are more difficult, if not impossible for the man who

drinks. In short, the physical, mental and moral health of the individual suffers, and likewise the nation also, in proportion to the number of citizens who indulge.

#### A National Question.

Intemperance is a question of the most vital importance which concerns our nation as well as the individual, and this is particularly true at the present time when the nation requires for its defence the greatest efficiency possible in its citizens and the best health and powers of body and mind. Who will offer at this grave time of national crisis any excuse for intemperance or even for the moderate use of alcohol? Who will contend that indulgence in alcoholic beverages is a real benefit in a time like this? Indeed, we must all agree that the use of alcohol means

not only needless loss of money but also needless dissipation of God given energies and failure to obtain the highest degree of fitness and efficiency. Is it not time to adopt a spirit of sacrifice, if need be, and to remember the Scripture which says: "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city"?

We recognize that it often requires more courage and greater determination to deny a craving and a harmful habit than to charge an enemy on the battlefield. But surely now is the time to adopt a wise discipline of body and mind in order that all may attain to the highest degree of efficiency and thus be in a better condition to meet the great demands that have fallen upon us as a people and a nation.

## Sore Eyes

BY A. B. OLSEN, M. D., D. P. H.

THE expression "sore eyes" does not mean as a rule an infection of the eye proper but rather of the outer covering membrane of the eye, known as the conjunctiva. Sore eyes usually means inflammation of this membrane, and is technically known as *conjunctivitis*. There are many causes of conjunctivitis, and among the more common is the entrance of foreign bodies bringing infection, and causing more or less injury or laceration of the membrane. These foreign bodies include insects of various kinds and particularly small flies, gnats, mosquitoes, all of which prove exceedingly irritating, and, if not soon completely got rid of, are likely to set up inflammation. Then there are dust and dirt particles, small and large, cinders, grit and many other metallic and organic particles, all of which produce an immediate congestion of the membrane and are liable to lead to inflammation if not speedily and completely removed. Almost all dusts and powders such as pepper, soot from a chimney, the dust thrown into the air by sweeping a carpet, etc., are liable to produce a

mild or sometimes even a severe inflammation of the conjunctiva. Lime is another dangerous body when brought in contact with the eyeball, and if sufficient in quantity may produce permanent disastrous results. Again, a cold in the head is usually accompanied by more or less inflammation of the eyes causing redness, swelling, watering, and pain.

#### An Infection.

The real and the direct cause of the inflammation is almost always some microbe which has been brought into contact with the injured membrane producing an infection and causing congestion and inflammation. Fortunately in the vast majority of cases the infection is a mild one and the resulting inflammation also comparatively mild and of little serious consequence. But there are exceptions and sometimes the inflammation becomes very severe, and it is therefore wise to treat all inflammations of the eye as serious complaints and use efficient methods for bringing the inflammation to a speedy end.

All the foreign bodies that may come in contact with the eye and set up inflammation

are, with scarcely an exception, laden with germs and therefore liable to infect. The insects are now known to be efficient distributors of microbes, and the other bodies, both metallic or organic, are also very likely to be laden with both dust and germs. The inflammation is usually of a catarrhal form and there is a good deal of watering of the eyes which is in reality an attempt on the part of nature to get rid of the infection and thus allow healing to take place.

#### Debility and Chronic Disease.

It is necessary to bear in mind that a person in vigorous good health is less liable to sore eyes than one who is in a state of physical exhaustion with lowered vitality and general ill health. Such a person has less vitality and therefore less resistive forces for dealing with an invasion of germs and is consequently far more liable to attack. Furthermore, unless the health of such a patient is improved and strengthened, it will be more difficult to get rid of the inflammation and the tendency will be for the sore eyes to become chronic, a very undesirable condition, and one that may become most obstinate to deal with.

Then there are certain chronic disorders such as gout and rheumatism which make one particularly prone to inflammatory mischief of the eyes. Indeed, there is undoubtedly a gouty form of conjunctivitis and the eyes are also subject to a rheumatic inflammation. Both these forms of conjunctivitis require constitutional as well as local treatment, for the essential thing is to get rid of the gout or the rheumatism if possible.

#### To Remove Foreign Bodies:

On the entrance of a foreign body into the eye the usual procedure is to begin rubbing the injured organ, but this is not a wise treatment. The first step to take is to gently but firmly draw down the lower eyelid and have your friend or companion look to see if the foreign insect or body is visible. If you are alone use a little pocket mirror if available. If you have none, then rub the uninjured eye

with the other hand, all the time pressing down the lower lid of the damaged eye. Rubbing the well eye will, by a nervous reflex action, hasten the free flow of tears in both eyes, for the presence of the foreign body will of itself cause a flow of tears, and this is often sufficient to wash out the foreign body and thus get rid of it. This is nature's way of dealing with a foreign body and is the safest and best method. Of course if you have a companion and the body is visible it is permissible to use a corner of a clean handkerchief with which to very gently remove the foreign body by pushing it carefully to one side of the eye until entirely removed. On returning home it is wise to bathe the injured eye with a ten grains to the ounce solution of boracic acid, using an eye bath for the purpose. If you have no eye bath, drop two or three drops of the lotion into the outer corner of the eye after drawing down the lower lid, using a clean medicine dropper.

#### Treating the Inflammation.

In dealing with inflammation of the eyes it is necessary to bear in mind that almost all such inflammations are infectious, and therefore the patient should be kept indoors and isolated in a comfortable, well-ventilated room. The next step is to provide a suitable eye shade, which is far preferable to darkening the room, as the latter has a distinctly depressing influence upon the patient. A suitable shade can be had for a few pence from any optician, but if necessary one can readily be prepared by means of cardboard or stiff manilla or brown paper. The use of a pair of darkened glasses, blue or yellow, will oftentimes bring great relief and is quite safe and harmless. Bathe the eye with boracic acid lotion, ten grains to the ounce, or sulphate of zinc, one grain to the ounce, three or four times a day, using an eye-bath. Poultices, pads, bandages, and similar applications are entirely tabooed. In some cases the brief application of a fomentation which is laid across the face so as to cover both eyes is a valuable remedy, but it should never be

used without the instructions of the attending doctor. Another valuable remedy is the application of cold compresses but these should only be applied for brief periods.

A patient suffering from inflammation of the eyes should give the eyes as complete

rest as possible and should do little or no reading for a few days. In the majority of cases the inflamed eyes, when properly treated, will rapidly get well and in the course of a week at the most the patient will be able to get back to work again.

## Clean Living and Character

BY J. JOHNSTON, M. D.

I WANT to interest you for a few minutes in one of the most precious things you have got—that is, your health; and to endeavour to help you to become what every boy should try his best to become, viz., a fine man—a true man—a good man; not a goody-goody man, but a good all-round man—a man who cannot only work for his living and so be of use in the world, but who is both able and willing to help those who need his help.

Now, before a man can be a good and useful man, he must first be a healthy one. Health of body and mind is one of the greatest of our earthly blessings, for upon it depends not only our own comfort and our usefulness and our power to help others, but it is one of the principal sources of our happiness, for assuredly do health and happiness go hand in hand. Nay, more, health is wealth—true wealth. Without health how poor is the richest; with it how rich is the poorest?

And one of the ways to become healthy is to become clean. "Cleanliness," we are told, "is next to godliness," which really means "goodliness," though not necessarily goody-goodness. (This axiom, by the way, is not a quotation from the Bible, but from Butler's "Hudibras.")

More than this, cleanliness is one of the great causes and sources of healthiness. And by cleanliness I mean not only skin cleanness—that can be got by the use of soap and water—but cleanness in everything that concerns us: cleanness, that is, purity in the air we breathe; and in our food and water, cleanness in our houses and streets;

cleanness in our dress and at our work. It means, too, cleanness in our habits, in our conversation, and in our lives. In a word, it means purity all round; and it will be found, other things being equal, that the clean man is the really healthy one.

### Clean Air

Among the things that we cannot do without in order to live, the most essential is air, for while we can do without everything else, such as food, drink, clothing, shelter, for a time, we cannot do without air for five minutes without being in danger of dying.

Now, what is air?

Well, it is a mixture of two gases called oxygen and nitrogen, in the proportion of some three parts of nitrogen to one part of oxygen, the oxygen being the active constituent in the mixture, the nitrogen acting mainly as a diluent.

This oxygen is the life-giving and life-sustaining principle of nature. Upon it do we live and move and have our being, and without it we surely die. To obtain it we have to breathe, when it is taken into our lungs and thence into our blood, where it oxidises the tissues and is changed into another gas called carbonic acid gas. So that while the air we take into our lungs contains oxygen, the air we put out of them contains not oxygen but carbonic acid gas, which is a deadly poison—how deadly may be illustrated by recalling the fact that in the historic Black Hole of Calcutta—which was a room less than twenty feet square—one hundred and forty-six English soldiers were confined all night. Next morning when the door was

tion to the aseptic handling of each case and with complete disregard of aerial communication; the cases being separated the one from the other only by screens or light barriers not reaching to the ceiling of the rooms. Obviously such observations justify grave doubt of the aerial conveyance of disease.

In 1889 Stern submitted the results of an instructive series of investigations upon the influence of ventilations upon the number of bacteria suspended in the air. He concluded that by no rate of ventilation compatible with the comfort was the number of bacteria in the air materially reduced and that in motionless air (or nearly so) such suspended particles as dust and bacteria very quickly settle upon horizontal surfaces from which they could not be dislodged by even an excessive rate of ventilation.

Though we do not know the causative agents of the majority of the so-called "Air borne" diseases, yet presumably, they are particulate and never gaseous in nature. Therefore, they behave in the air, when they get there, just as do other suspended particles.

From information obtained through the study of another phase of the subject we know that a number of diseases may be conveyed through the air, but here it is always through the agency of insects acting as vectors or as hosts for the infective parasites. This obviously has more to do with wire screens than with ventilation.

In the light of the foregoing, I do not believe that ventilation has anything whatever to do with either the transmission of the so-called "Air borne" diseases, or the lessening of their transmission, and I am further of the opinion that transmission by way of the air, strictly speaking, is of infinitely less importance than transmission by animate and inanimate carriers that have been in intimate contact with the patient.

DR. A. C. ABBOTT.

### THE ABUSE OF QUININE

Quinine is usually looked upon as a harmless drug. So common a household remedy is it that the laity take it *ad libitum* for colds and nearly everything else. The use of quinine in large doses, and especially for a continued length of time, disturbs the auditory mechanism, and often produces marked deafness; it also upsets the nervous system and affects unfavourably the corpuscular elements of the blood. Its tendency to produce hemorrhage is well recognized. Aside from malaria and just

a few conditions bordering on sepsis, we see no special indications for quinine. The majority of colds and acute conditions for which quinine is taken are aggravated, the secretions perverted. Quinine is valuable as a tonic only when administered in small or medium doses. —*The Medical Summary December, 1914.*

### FOR EFFICIENCY

"TOTAL abstinence from alcoholic stimulants," runs a cable dispatch from London, "will be strictly observed during Sir Ernest Shackleton's trip across the south polar continent. He and his men propose to work long hours, including eight hours' marching every day; but for stimulants they will rely on nothing stronger than tea or cocoa." This is not the freak of an enthusiast, but a common sense decision based on the facts concerning alcohol. For maximum efficiency, the explorer cuts out the booze. The question is, Shall the rest of us be equally efficient in shouldering a share of the world's work?—*Collier's, August 29.*

### DISEASES DYING OUT

A German medical weekly, under date of August 6, mentions certain diseases which appear to die out with advancing civilization, as a result, not of what we call "sanitation," but of improvement in the personal habits of the people. Typhus fever and recurrent fever are louse-borne diseases; and as civilization brought about the practical elimination of these parasites, it did away with the general prevalence of these diseases. In Tunis, where the people are more tolerant of lice than we are, the spread of typhus fever is prevented by steaming the clothing and applying camphorated oil and soap to the surface of the body. Smallpox, as is generally known, has been largely controlled by the introduction of vaccination. Bubonic plague, once the terror of Europe, became much less formidable when the black house rat was suppressed, in the eighteenth century.

### AID TO FAMILIES OF SOLDIERS

The British Medical Association and the Pharmaceutical Society have offered to cooperate with the British Government for the providing of treatment and medicine to those dependent upon soldiers serving in the war, and needing relief. With the initiative of the British Medical Association, physicians are taking it upon themselves to care for the practices of physicians who have gone to the front, and to hold these practices for their return.

"Yes, you can," I returned, and continued, "If a man can't smoke without spitting he shouldn't smoke at all"—a statement which fairly startled him.

But it is quite true. No one has any right to spit in a public place; and spitting ought to be forbidden under a penalty, as it is in some parts of America. Its discontinu-

ance would contribute not a little to the cleanliness of our streets and to the general healthiness of our towns.

You see, therefore, one of the ways in which you may help to keep our streets clean is, by not spitting on them, or anywhere else, as there is no need for it, and at best it is a dirty habit.

## Auto-Intoxication, or Self-Poisoning

BY DAVID PAULSON, M. D.

ONE of the richest fruits of modern scientific medical investigation is the fact that although we have many diseases there are but few *causes* of diseases. While there are fifteen hundred different ways of being sick there are only a few ways of becoming sick. And again there are only a few ways of becoming well.

That simplifies the problem for ordinary non-medical people. Those who are not sick have only to think of a few things to do to preserve their health. Those who are sick need only to do a few things to recover their health.

### The Inside Climate

Patients frequently wonder whether a "change of climate" would not prove beneficial, while their dietetic habits are producing a climate within that is more important from a health standpoint than the outside climate. People chase frantically over the earth to take advantage of better climates, while they carry with them the wretched climate inside that is the most important cause of their ills. The Bible has well said, "the eyes of a fool are in the ends of the earth." Prov. 17: 24.

More than twenty years ago Bouchard, the great French investigator, announced that the body was a factory of poisons; and we have convincing evidence of the truth of this statement. We drink pure water; but when it leaves the body through the skin or kidneys it is deadly poison. The air we breathe may be pure; when we exhale it

from our lungs it contains poisonous substances.

Bouchard made some instructive experiments which brought to light a number of fundamental principles. For instance, he injected into the vein of a rabbit's neck the kidney secretion from a man suffering from convulsions, and in a few moments the animal had similar spasms. In other words, the poisons that produced the cramps were circulating in the man's blood and his kidneys were not subtracting them rapidly enough, and hence he was suffering from their accumulation in his blood.

Again Bouchard injected into the blood of another healthy rabbit the kidney secretion of a man who lay in a dangerous stupor. In a few moments the rabbit was in a similar condition. In this case there were certain poisons in the man's blood that were *stupefying* him.

Frequently when living on a strictly meat diet the kidney secretion is several times as poisonous as when living on a simple non-flesh diet. This gives a hint as to how diet influences auto-intoxication.

### Germs Make Toxins

The greatest mischief-makers we have to contend with are the germs that naturally inhabit the large intestine. They are not there for any good purpose. They have no more business there than weeds have in a cornfield. They are part of the curse that we have to groan under in this sinful world.

The practical problem before the farmer is to destroy the weeds and cultivate his corn. We have before us the same interesting problem; how to *discourage* the germs that inhabit our alimentary canal and yet nourish ourselves.

Unfortunately the prevailing dietetic programme tends to actually feed the germs and to poison the man, and hence the overwhelming increase in Bright's disease, high blood pressure, hard arteries, apoplexy, neurasthenia and heart diseases, which are increasing by leaps and bounds, and are now known to be largely caused by the constant absorption of these poisons.

#### How the Body Protects Itself

Some will naturally wonder, if the colon under ordinary circumstances is a hotbed for germs that hatch out vicious poisons, why the body is not more frequently overwhelmed by auto-intoxication.

This is because God has endowed the human body with an enormous ability to subdue and destroy poisons. The thyroid gland is constantly manufacturing a poison-destroying substance; and we now believe some of these poisons frequently over-stimulate this gland and so produce goitre.

The liver is our champion poison destroyer. It stands between us and destruction. Practically all the digested food substances, plus the poisons the germs have manufactured, pass through the liver and are renovated before passing into the blood. Unfortunately the liver can be overworked; then it becomes more and more a filter permitting the poisons to slip through; and these toxins soon find the weakest spot in the body.

If the sciatic nerve happens to have suffered from a severe jolt some months and even some years previously, they will discover the fact and set up sciatica. If the joints are more favourable these toxins may slowly, but gradually, develop a painful condition called arthritis.

#### How Slumbering Germs May Be Wakened

At this time of the year many people, especially in our large cities, are carrying

about pneumonia germs in their throats. Why don't they get pneumonia?—Because the natural resistance of the body does not permit the germs to set up their pernicious activity. Some severe over-exertion, loss of sleep, a fit of indigestion, an unusual chilling of the body, may suffice to lower the vitality enough so that pneumonia germs can begin their death-dealing work.

So it is with the various germs that inhabit the large intestine. Some general dietetic indiscretion, a rich feast, a late supper, or some other strain on the body, may speedily arouse their activity, overtax the liver, fill the system with toxins, and then there may be an extensive crop of either mental or physical symptoms: depression, lassitude, and a sense of weariness. For it is now known that one variety of these colon germs has a special gift for manufacturing fatigue poisons. If these are injected into an animal, it speedily has all the symptoms of weariness. Sometimes people are tired not so much because of the work they have done, but because of the poisons that they are absorbing from their alimentary canal.

There may be a gradual heaping up of these poisons in the system until they produce a sudden crisis, which frequently reveals itself in sick headaches. Others have an outburst of cold or slight attacks of otherwise unaccountable fevers for several days, sometimes these poisons destroy the red blood cells, and so the patient suffers from anæmia. In other patients they set up a catarrhal condition of the bowels, or lay the foundation for ulcer of the stomach or intestines.

---

"WHEN you are sick don't get discouraged. There is more hope for the one who wants to get well than for one who thinks he is surely going to die."

---

"THE chief essentials of happiness are, 'Something to do, someone to love, something to hope for.'"

## Defective Sanitation of South Indian Villages

THE purpose of this article is to place before the readers some of the leading factors in South Indian village life, which go to mar the charm and beauty of the village. A description of fields all round it, now green and now full of golden sheaves of corn, of inviting open maidans everywhere, and of varied fruit gardens not far from the houses, is beyond the scope of this article.

The majority of the inhabitants of the village are illiterate and have no idea of elementary hygienic principles. Even those aware of the rudimentary laws of health, find it impossible to give up some of the practices not wholesome from a sanitary standpoint, owing to the lack of co operation among the villagers on the one side and to the want of State aid and State interference on the other.

The streets in the villages are anything but clean, though every householder is particular about sweeping and painting daily only the immediate front of his own house. A large portion of the street, whose cleaning is every man's business, is full of rubbish of all sorts. The leaves of plantain and other trees, used by the people as dishes for meals are thrown away in the streets to be carried by the wind to and fro until there is a heavy downpour of rain. The streets form the lavatory with children under ten years, and the urinal only with boys and men, the only scavenging animal being the dog or the pig and in some cases neither. Dughills stand here and there, and miry cattlesheds are found by the side of every landlord's house. The village tanks which are the main source of water supply in the season when the rivers and canals dry up, are used for all purposes from drinking water to washing cattle and other animals. It is open to every person, from whatever disease he or she may be suffering, to bathe in the waters of the tank, wash all his or her dirty clothes, and commit every kind of nuisance. It is

a conviction with many bigots that a bath in running water is holy, however impure it may be. So the water that flows cannot contain in their eyes any dissolved impurities. Others again strongly believe that tanks within temples, pushkaranis as they are called, contain holy and therefore pure water, and are bound to do immense good to the numerous bathers therein. It is at the same time an acknowledged fact that most of the holy tanks are kept very unclean, their waters are never renewed, their layers of waters are of a specific gravity varying according to the nature of their particular impurities, and the bad odours emanating from them are felt by people even at a distance.

Certainly, to revolt against religious ideas and time honoured customs is not the writer's aim. His only prayer is that doctors should go round the villages from time to time, lecture to the masses on simple Hygienic Rules with the aid of suitable illustrations, and convince them as to what they should do in the interests of their village sanitation. And in the meanwhile the Government will be able to see their way to help substantially the people interested in sanitary reforms.

C. S. VENKATARAMAN, B. A., L. T.

The foregoing article comes to us from Madras Presidency and is largely in keeping with the editorial of the month on the water supply in Indian villages.

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### MACHINES TO DIG GRAVES

MACHINES to dig graves for European war victims have been perfected by a Chicago concern; it became known at Chicago very recently. Work has been started on thirteen of the mechanical buriers which have been ordered by two of the allied nations. On days when there has been "no contact," the new war machines, it was said, may be used for digging trenches.



# Editorial



## Is Your Drinking Water Contaminated?

IF every one living in India would ask himself or herself this question before taking a drink of water, many deaths would be avoided. It is hard to impress upon a community in India that death lurks in the drinking water. "Yih mitha pani hai?" This is the only question asked, and no concern is given to the little invader in the form of a germ that may be inhabiting the water, and causing its pollution. It is a very erroneous idea that water, because it is clear and sparkling, is fit for drinking purposes. Such water may be contaminated with disease to the highest degree.

Water, playing the important part that it does in the human economy, should be of the cleanest and purest if for human consumption. Man can go for days without food, but without water, he soon succumbs to exhaustion. Ninety per cent of the body is composed of water. The softer and more succulent tissues have as high as 99½% of water in them. The hardest substance in the body, the enamel on the teeth, contains 3% of water. If all the water were extracted from the body of a man of average size, he would weigh but seven seers. Water taken internally, serves the purpose of bathing the tissues. It carries from one place to another the substance necessary for the regeneration of the body, the substances of a chemical nature, that digest our food and maintain a proper balance of nutrition; and it also dilutes and carries away the waste products thrown off from the cells.

The available sources of drinking water in India are, rivers, canals, lakes, tanks, and wells, both dug and bored. The water from the rivers, canals, lakes and tanks can be conveniently considered together as their

contamination is much the same. The greatest sources of contamination of these bodies of water are the washings into the river along its entire course. The filth and disease deposited upon the land along the river for long distances back, are washed into the river by freshets of rain. The use of land or open spaces for easement purposes, the decaying bodies of diseased animals, and the manuring of land, furnish illustration of what can be washed from the land into the rivers. Then again great quantities of dirt and filth are thrown directly into river. The nearer that you can get to the source of the river, naturally the less contamination there is.

The precipitation of vapour in the form of snow is the source of all our rivers in North India. A source of this kind could not be purer, yet it soon loses this purity by the existence of life along the course of the river. By the time that the river empties itself into the sea, it is well loaded with all kinds of filth and disease. No matter how or where such water is used for drinking purposes, it is dangerous. One might think that if such water is taken through pipes and eventually pumped up by means of a pump, especially now that it is clear, it is quite fit for consumption. Nevertheless, this is a mistake, as it is just as dangerous after going through pipes and pump as it was when it was coursing along the river bed. Even if such a water were bottled up in the form of aerated water, the danger lurks within the water just the same. It is true it is such water that is often piped to our larger cities for human consumption, but before it is used it is first treated in some way or filtered. Even then it is better to boil the water as it is the safest. We do not know when the filter

may fail to do its work or some one has neglected to do the duty he performs in connection with the purification of the water. The same remarks apply to the water in canals as they are derived from the rivers. Lakes and tanks also afford much the same chances of pollution.

The tank needs especial mention, as it is often used for bathing purposes. It is not only a filthy, but dangerous practise to drink from a tank that is also used for the purpose of bathing. Tanks are the starting point of many epidemics. Those who bathe in a tank not only leave the waste matter from the surface of the body in the water, but may also charge the water with the germs of water borne diseases. These disease germs may be carried into the water by means of the feet; or they may come from one bathing and who is just coming down with, or is just recovering from a disease, and is acting as a carrier.

The well, the most common source of drinking water of the population of India, deserves the most attention. A well may be dug or bored. If the latter, it may assume the form of an artesian well, when the strata which carries the water to where the well is bored, rises to a higher level than the well itself. Bored wells are not used much in India. It would be much better if more were used as the drinking water could be more easily kept from pollution. This form of well, because of its small diameter, thus allowing greater ease in covering, cannot be used as a dumping ground like the wide, ordinary dug well. Also there is not the opportunity for waste water to seep back into the well. Some bored wells have been tried in South India with success. Special machinery must be installed for the purpose, which means greater expense, and the average Indian is reluctant to meet this expense, because the price is more to him than the better water which the expenditure would produce, and the better health which it would bring. Education alone will change the conditions.

The dug well must absorb the most of our attention as it is from this source that the most of India's population receives its drinking water. While we are advocating something better, we must make the best of what we have until the higher ideals have been reached. The village well being the centre of social activity of both man and beast, gives great opportunity for the water within to become polluted, unless the well is so constructed as to do away with the maximum amount of contamination. The first thing necessary to insure good drinking water is the selection of a site. Here again we are confronted with the fact that most of the wells are already located so that they are diametrically opposed to the principles of sanitation. They are usually in the centre of the village with dwelling quarters built right up to the well. How often do we walk along a narrow street even in a large city where the housing conditions are the worst, and run unexpectedly upon a well on the very edge of a place that would make a better baniya's shop than a place to hold drinking water. Some of the old wells in the villages so unsanitarly located and constructed, should give place to new ones located in more sanitary conditions and better constructed.

For the village, the well should be located some thirty to fifty yards from the boundary also this distance from any cesspool or dwelling. The site, if possible, should be a little higher than the village level, at least it should not be lower as impure water will seep from the village into the well. If located on a rise of ground it gives an excellent opportunity of drawing the waste water away from the well. The well itself should be so constructed that certain unsanitary measures can be overcome. The wall should be built of a material impervious to water to keep water from seeping into the well from without; and the head should be so built, that the water that is splashed upon the dirty feet of the bhitis and the water used in washing off the lotas, does not fall back into the well, but

is carried away in the drain, which again should be made of an impervious material. This arrangement will also keep the dirty water from clothes being washed near the well, (a custom very prevalent in India), from returning and gaining entrance into the well.

Another thing to be met in well construction is to keep out small animals that are liable to fall in and drown, remaining there for months in a putrifying condition. Also the keeping out of leaves and other vegetable matter from the well, is necessary in order to obtain clean drinking water. The diagram or plan of a well and well head, that will

meet these indications, can be had from the Department of Public Health of each Province.

A well having been properly constructed, the care of it is not less important. If the water supply will allow it, it should be cleaned out once or twice a year. This can be done nicely if the bottom of the well has first a layer of coarse stone, then gravel, and finally on top, sand. The sand can be removed once or twice a year and replaced by new, clean sand. A well managed on these principles should furnish clean, wholesome water. (*To be concluded*)

## Kindly Judgment

FEW things help more to make life pleasant and effective than the habit of the kindly judgment, and few arts are more neglected. People are constantly saying and doing things which may be understood favourably or unfavourably. Human nature is a sadly mixed thing, and the moral failure we infer, the selfish or malicious motive we suspect, may be there; it has been in similar cases; it may be now. But it is also possible to adopt the kindly view. This failure of our friend to do the thing we had a right to expect is probably due to circumstances beyond his control. He has lacked, not good will, but opportunity. His statement hardly seems to "hold water," but one more fact, unknown now, may show its consistency and candour in a light as clear as day. That most unaccountable thing may be readily and pleasantly accounted for when we know all. And, not knowing all now, we are going to believe it to be "all right," anyway.

The habit of kindly judgment is the habit of choosing the pleasanter, the more creditable, interpretation whenever choice is possible. It is not refusal to interpret. For while we are forbidden to sit as judges upon the actions and motives of our fellow-men, we are often obliged to appraise things and men, lest we cast our pearls before swine and build our temples out of poor stone

and bad mortar. Kindly judgment is not what is called charitable judgment. Charitable judgment is when we know the thing to be evil and yet see the extenuating circumstance, or lean to mercy's side by sheer force of forgiving or forbearing or healing love. That is "grace," unmerited favour. But kindly judgment is not that; it is hardly even "graciousness"; it is simple fairness; it is the law which holds every man innocent till he is proved guilty. Have we a right to any other practice? Is not the evil interpretation unfairness, cruelty, malevolence, spiritual robbery? He who casts over my action the evil sheen of suspected evil before he positively knows it to be evil is a thief, a robber, a poisoner, and a murderer. The kindly judgment is the only judgment a man has a right to make. Not till he is forced to do so should any man abandon it.—*Great Thoughts*.

A REMARKABLE operation was performed in London by Dr. F. H. Albee, of New York. In the presence of surgeons from all countries he cut out a piece of the shin-bone of a child of four, with the aid of an electric circular saw, and inserted the piece of bone in the child's spine, which had been attacked by tuberculosis. The operation took twenty-two minutes.

# : Mother and Child :

## Truth Telling

"I CANNOT understand," said a dear young mother who was calling upon us one afternoon, "why Francis will tell me such stories. He is only five you know, and he simply will not tell the truth. Only last night I had to punish him severely, and I sent him to bed without his supper, too; but nothing seems to do any good."

Just then little Marion, three years old, leaning against her mother's knee, said, "Mussers, I'se tired. I want to go home."

"Now, Marion," said her mother. "we are not going home yet; and if you do not sit still and be quiet, Mrs. Smith has a great big dog shut up in that room yonder, and he catches little girls. She will open the door and let him out if you are not a good little girl."

Marion glanced at the door indicated and then pleadingly at me, fear and apprehension written in her face. Then she sat down obediently, clinging close to her mother's skirt.

I saw my sister draw her arms a little more tightly about her four months' babe, and my own heart beat hard with indignation. I rose to my feet and held out my hand to the child.

"Come here, Marion," I said, gently. She came to me willingly, but when I turned toward the closed door, she held back.

"Come," I said, "I am going with you." As I opened the door, she caught hold of my skirt and clung behind me. Her mother, who had gone on talking about the delinquencies of Francis, and had apparently forgotten her own remark to the child, stopped a moment to say impatiently: "Go on, Marion. Don't be naughty! Mrs. Smith does not like naughty little girls."

I entered the room and closed the door behind me. It was my own bedroom. In it

were my treasures. A little child's rocking chair stood on one side of the room, and in it sat a big blue-eyed, flaxen haired dolly that had been loved by a little girl just Marion's age. She had left it there one day just a few months ago when she had come to me with flushed face and hot little hands, and said, "Mussers, me wants you to take se baby. Me hurts."

The measles, unquarantined in our little town, had taken all that I had, my only one.

Marion stopped just inside the door, and her eyes swept the room. They fell upon the dolly, and after the manner of children, she forgot everything else. Her lips framed a delighted, "Oh!" as she went down on the floor beside it.

I watched her for a minute, and then went back into the other room, leaving the door open.

"Mrs. Weston," I said, "there is no dog in the other room. Look at Marion."

She glanced toward the child, and exclaimed: "Oh, what a lovely doll! Marion," she called, sharply, "be careful! If you break the dolly, Mrs. Smith will punish you."

In sheer desperation I got up and shut the door. My sister half frowned and half smiled, as she shook her head at me. But I would not be warned.

"Mrs. Weston," I said, sitting down near her, "you say that Francis tells you untruths. Do you know that you have twice told Marion untruths in the last five minutes?"

She flushed, whether with anger or shame I could not tell. I refused to hear my sister's rebuking, "Why, Ruth!" and went on with my self-appointed task, determined that if word of mine might make it possible Francis and Marion should have a chance to grow up truthful children. She defended herself

weakly, with, "Oh, well, it is such a nuisance to have them always bothering me so!"

"Mrs. Weston," I said, "I would give all the years of peace and quiet that I expect to have if my own little girl could 'bother me' again. But I would rather have her where she is now than to have her grow up to tell untruths—*lies*—that I had taught her.

"You sent Francis to bed without his supper," I went on, feeling that now it was win or lose, "when after a day of play and exercise he needed the physical nourishment, and his little body was made to suffer because of a wrongdoing for which you were responsible. Just now you not only told Marion an untruth, but you put into her heart a sense of fear, which should be a thing absolutely unknown in a child of her age. Her quick response to the suggestion proved that it was not the first time that she had been quieted in that way, and you have probably already had trouble with her in the way of nervousness and needless crying at night when she awakens in the dark. When she gets a little older, she will find that the black dogs and

the bears are not where you have said; she will realize that you have told her untruths in order to gain your own end, and the perfectly logical conclusion that the telling of untruths is *not* wrong will affect her whole life and character. Or perhaps the result will be one that will make great sorrow for you; she will realize the wrong, and will put her mother down on the wrong side of the scale. More than that, you have overdeveloped the instinct of fear, and the effect will remain with her. Often when I see a child timid, and perhaps in consequence made unhappy under the taunt of a comrade, who, in the ignorance and scorn of childhood, calls, 'Coward, coward,' I think, 'That child's mother told him lies.'"

We talked long and earnestly. Marion was happy with the doll, and my sister had slipped away to lay her babe on the bed for the afternoon nap, when Mrs. Weston rose, and said: "I am very grateful to you, Mrs. Smith. My children shall not learn to lie from me."—*Mrs. Cecilia Farwell. in American Motherhood.*

## Make Housework Easy by Making It Simple

THERE are two principal objects in house-keeping, or home making: First, to supply a place in which the necessities and comforts of life may be enjoyed; and second, to furnish a school in which the inmates obtain a training and preparation for a future home of splendour with heavenly beings. It is here that character is formed.

Leaving out of the question the stamp given to character in prenatal life, the atmosphere of the home exerts the greatest influence upon the child's life, the school coming next in importance.

The building of a character has been very beautifully compared to that of a house, each act and thought of daily life to the bricks which are placed one by one upon the wall of the rising structure.

While the first object mentioned is necessary, the second is no less important.

Then since time for this work is the chief obstacle, it appears that a study should be made by the mothers of how they may simplify their work so as to gain this time. Therefore, the subject of how to simplify housework may properly be considered an important topic for mothers to discuss.

Physicians who treat disease by the rational methods, tell us that in many cases of illness, instead of urging the patient to eat more he is advised to eat less, and a smaller variety of food, because the overwork of the digestive organs is what has brought on the illness.

Now let us think for a moment what it is that has caused us to overwork. This may not be true of all, but is it not dress that causes most mothers to be so busy? Was there ever a time in the history of the world when dress and the changing fashions absorb-

ed more time among the masses than now?

There are many other things equally superfluous in housekeeping that will appear when we compare the simple mode of living in the early days to that of the present; or the simple life to-day among the people of the

East with our own complicated customs. In the present generation housekeeping has become so intricate that the mother of two or or three children must constantly have her nerve and muscle on the stretch to meet the demands of the family needs.—*Selected.*

## The Power of Example

I WONDERED in my childish way how it was that father never suspected me of doing what he so openly and in my presence accused mother of doing. It was the same with mother. If she ever missed change from her purse, she suspected the wash woman, or the iceman, or the errand boy—any one and every one but her daughter. I suppose she never realized that in teaching me to deceive father, she was teaching me to deceive not only him, but herself and others as well, and that, in letting me know how she took money from father without his knowledge, she was giving me a lesson in dishonesty that I could hardly fail to learn.

Like many parents, mine were not alive to the fact that every word and action I heard or saw in my home was just so much training along the right or wrong line of life. Father and mother gave me good housing, dressed me seasonably, sent me to school, punished me, when it satisfied them to do so; but it was all without the slightest perception of the truth that when womanhood was reached I should be what they, in their wisdom or lack of it, had made me. Outsiders, doubtless, thought I was well brought up, and would have pitied my parents—certainly not blamed them—had I been found straying into any path of vice. But in this apparently good upbringing, I was never taught the lesson of self-control that every child needs. I was not even taught to be industrious; When, as a child, I tried in my busy little way to help mother, I was told that I was more bother than my assistance was worth. Later, when mother wanted me to set the table, wash the dishes, or make my bed, I

did it unwillingly, or got out of it altogether.—*The Mother's Magazine.*

### A HEALTH HINT FOR ALL WHO WEAR COLLARS

A VIENNA doctor has discovered that one of the most frequent causes of headaches is the tight and high collar. He has been experimenting with various patients, and he finds that those who suffer from frequent headaches are always those who are in the habit of wearing high collars.

His attention was drawn one day to the high neckband of a woman patient who was subject to violent pains in the head and to dizziness. He persuaded her to lay aside this form of neckwear, with the result that the compression of the neck ceased, and she was cured.

Struck by this result, the doctor has paid particular attention to the collars worn by his headache patients, and in almost all cases the change to lower and easier neckbands has been beneficial. The doctor declares that nobody with any tendency to headache should wear a high collar.

Joseph Cook, while speaking at Chautauqua, had an attack that almost resembled apoplexy. It was caused entirely by a tight neckband. The writer learned that lesson early, and indorsed this Vienna doctor.—*Selected.*

“MINDS are like gardens; the only way to keep them free from weeds is to cultivate them.”

“HEAR one man before you answer; hear several before you decide.”

## Uncomfortable Babies from Digestive Disturbance <sup>1</sup>

EVEN among breast-fed babies there may be digestive disturbances. This may be due rarely to underfeeding, much more commonly to overfeeding. It is unfortunate that the older teaching regarding the number of meals, abandoned every where else in the world, is still prevalent here. Instead of wondering that so many children are uncomfortable, receiving ten breast feedings daily, we should wonder that any do well; for doubtless much distress comes from too frequent feeding. It is a well-demonstrated fact that the constant irritation of the breast so alters the breast milk that it becomes uncertain in composition, often higher than it should be in fat, and sometimes lower. The constant disturbance of the mother wearies her, and the tired mother cannot secrete healthy milk. It is a matter of common observation that any weariness on the part of the mother, loss of sleep, etc., is apt to be followed by digestive disturbance in the suckling babe.

Moreover, I do not believe in the over-regularity that is so often insisted upon. It may be necessary in the hospital, but in the home with the average intelligent mother, it is not a good practice to attempt such regularity, and it is far worse to wake a child in order to feed it.

If we insist on a minimum interval of two and one-half to three hours between feedings, and otherwise allow baby to eat and sleep when he will, he will usually take five or six meals in twenty-four hours, rarely seven; and his progress will be steady, and his life a comfort to the mother and the family. The child who is really hungry is rarely insistent. It is possible, of course, by underfeeding, to induce a condition with flatulence, distention

of the abdomen, green stools, blueness of the lips, and sleeplessness, which may be mistaken for overfeeding.

The truth may be determined by weighing the baby before and after feeding. Baby should get about one fiftieth of its weight of food at a feeding, or a little more than one tenth of its weight in twenty-four hours. A nine and one-half pound baby (152 ounces) should then get a trifle more than three ounces of milk at a feed. Underfeeding in breast-fed babies is usually manifested by whining discomfort. The baby who seems to be ravenously hungry, and shrieking, rolling its head from side to side, waving its hands and legs, chewing on its fingers until fingers and lips are sore, who in general gives the impression that he is about starved, is more apt to be suffering from an attack of acute indigestion, possibly the result of too frequent feeding.

But even if it should be discovered by means of scales that the mother is unable to supply sufficient food for the baby, this should not be a signal for weaning. There is a quality to human milk that is not supplied in the milk of any other animal; and the better method is to supplement the mother's milk by sufficient artificial food to make a complete ration for the baby. The modern practice is to limit the time of nursing, to use both breasts at each nursing, and to finish each feeding with the bottle.

This seems more satisfactory than the older plan of allowing two or three nursings and giving two or three bottles; but it is well to omit the night nursings, and let the mother have a good ten hours' sleep; for abundant sleep will improve the quality of the breast milk.

For the bottle feedings, Dr. Porter prefers a whey-cream mixture with two to three per cent fat, and about six per cent milk sugar or malt sugar.

<sup>1</sup> Based on an article by Langley Porter, M. D., which appeared in the July, 1914, issue of the *California State Journal of Medicine*. This is a continuation of the article "Uncomfortable Babies" which appeared in a previous number.



## Cooking

BY G. H. HEALD, M. D.,

DIETETIC reform is in the hands of the cooks. An intelligent cook can so prepare food that it is a pleasure to forsake the foods of the ordinary table. But if the cook has not made the proper preparation, there will inevitably be one of two results. Either there will be a hankering after, and finally a return to, the old foods, or if the members of the family are of that firm moral fibre that says, "We will live 'health reform' if it kills us," they will remain firm to what they consider "the principles," while they are pointed out by their neighbours as, perhaps, "these sickly bran eaters," or some similarly opprobrious title.

In such cases, if the matter will be investigated, it will be found that the cook, whoever she is, has not really learned what it is to cook hygienically. There are doubtless thousands of families trying to live conscientiously in the matter of diet, where there is not a knowledge of the first principles of nutrition and combination and preparation of foods.

We spend four years in making a doctor, and three in making a nurse, and even that is but the beginning. But many a man thinks he can take a girl from the typewriter's desk or from the factory to be a wife.

I hold that no woman is prepared to take charge of a home and attend to the nutrition of a family until she has had thorough instruction in the principles of nutrition, and the preparation of healthful and attractive dishes. This is especially the case where one is leaving off the use of meats, condiments, tea, and coffee, with which even an indifferent cook,

without much knowledge of the principles of nutrition, can get up a meal that satisfies the natural cravings.

For generations we have been carnivorous and have been trained to depend on artificial stimulants, and when the attempt is made to do without these props, it is especially important that the food be nutritive, that it be healthful, and that it be served in an attractive, appetising manner. No person who considers cooking a drudgery can or will do this. And I feel certain that not a little backsliding, not only in health lines, but in spiritual lines as well (and they usually go together), is the result of indifferent or slovenly so-called "health reform" cooking, which is so only in name.

This is not a plea for a great variety or for complicated dishes. The great art in cooking is to know how to prepare simple dishes and yet have them attractive.

Many foods—the fruits and nuts for example—are usually better without cooking, and we would be better off to eat a larger proportion of such food. But here, there should be an intelligent selection so that the proper nutritive elements are supplied.

### HOW TO BE HEALTHY

Drink less; breathe more.

Eat less; chew more.

Clothe less; bathe more.

Ride less; walk more,

Sit less; dig more.

Worry less; work more.

Waste less; give more.

Read less; write more.

Preach less; practise more.—*Selected.*

# A Well-Balanced Dinner Menu

BY MRS. RUTH HASKELL HAYTON

## Roasted Potatoes

Boil or steam until tender, good, equal-sized potatoes. Drain well and place in a baking-dish, with one tablespoonful of oil in the bottom. Brush the top of the potatoes with a little oil, place in the oven, and turn from side to side until all are equally browned.

## Mashed Turnips

Wash the turnips and pare, and drop into boiling water, cook until perfectly tender; turn into a colander and press out the water with a plate or large spoon; mash until free from lumps, season with a little cream or butter if desired, salt to taste. If the turnips are especially watery, one or two hot, mealy potatoes mashed with them will be an improvement.

## Lettuce and Tomato Salad

Arrange the lettuce leaves on a plate; have a ripe tomato peeled and cooled, lay on the lettuce, run a sharp knife across the middle of the tomato, cutting it nearly in two, then crosswise, so that the four quarters will fall back, and yet hold together underneath. Drop a spoonful of mayonnaise dressing in the centre of the tomato, and serve.

## Rice Mould Custard

Wash one-half cup of rice, and cook until perfectly tender. When done, mould in cups, filling about half full, and serve with a boiled custard made of one pint of milk, three tablespoonfuls of sugar, a teaspoonful of corn-flour and one egg.

## SOME DELICIOUS DESSERTS

### Fruit Custard

Heat a pint of red raspberry, strawberry, or currant juice to boiling, and stir into it two even tablespoonfuls of corn-flour rubbed smooth in a little cold water. Stir constantly until thickened, then add half a cup of sugar, or less if the fruit juice has been sweetened; take from the fire and stir in the stiffly beaten whites of three eggs, stirring all the time so that the hot mixture will coagulate the egg. Make a custard of a pint of milk, the yolks of three eggs, and tablespoonfuls of sugar. When done, set to cool. Put in a glass dish when cold, placing the fruit mixture by spoonfuls on top, and serve.

### Floating Island

Make a custard of a pint of milk, flavoured as desired, and the yolks of three eggs; sweeten to taste, and steam in a double saucepan. When done, turn into a serving dish. Have the

whites of the eggs beaten to a stiff froth, and drop for a few seconds on the top of a pan of scalding water, turning so that both sides may be alike coagulated, but not hardened; skim off, and put in islands on the top of the custard. When quite cold, drop bits of different coloured jellies on the islands, and keep in a cool place until needed, or put a spoonful of fruit jelly in the bottom of small glasses, and fill with the custard with a spoonful of the white on top.

### Apple Charlotte

Take three cups of nicely stewed tart apples which have been beaten smooth, or rubbed through a colander and sweetened to taste. The apples should have been cooked with only enough water to make them the consistency of thick marmalade. Remove the hard crusts from slices of bread, spread them quite thickly with prepared apple, and pack in layers in a pudding dish. Cover with a simple custard made of a quart of milk, three tablespoonfuls of sugar and two eggs. Let it stand half-an-hour, then bake. Other fruit marmalade may be used in place of the apple preparation if preferred.

### Apple Pie

Pare, core, and slice thin, ripe, tart apples. Line a pie-dish one to two inches deep with crust, and fill with apples. Mix one tablespoonful of flour with four tablespoonfuls of sugar and one-half teaspoonful of grated nutmeg. Sprinkle this over the tops of the apples and add two tablespoonfuls of cold water to the pie. Roll out the upper crust as thin as can be lifted from the table, make a few cuts in it so that the steam can escape, wet the edge of the lower crust; press together, and cut away overhanging portions, place in the oven, and bake until a light brown, or from fifteen to twenty minutes. Apples that do not cook quickly may be stewed before making into pies.

"THE nobler the aims, the higher the mental and spiritual endowments, and the better developed the physical powers of the parents, the better will be the life equipment they give their children."

WHEN we begin to dig up the virtues of a friend, we soon bury all their faults.—*W. Stewart Royston.*

# Diseases and Their Treatment

## Prevention of Poisoning

BY G. H. HEALD, M. D.

FIRST, have all medicines locked up with none having access to the key except the older responsible members of the family. As a matter of fact, it is not necessary to have very many poisonous drugs in the house.

Second, if necessary to have a poison, have it in a specially shaped bottle that can be immediately distinguished in the dark, and have it distinctly labelled, POISON. If the labels on any bottles become defaced, the contents should be discarded. Never use any remedy when there is the least doubt as to what it is.

### Ptomaine Poisoning.

If you use canned foods, be sure never to use the food out of cans with swelled heads or cans in which there are two solder drops. It is the custom to seal cans before sterilizing, and to leave a whole in the can for the escape of the steam, the hole being soldered after removal from the sterilizer. If decay afterward sets in the can will begin to swell. Some firms make a practice of punching a hole in the can, re-sterilizing, and then soldering the second hole. Such foods are dangerous as they may contain poisonous ptomaines which are not destroyed by sterilizing. Never accept or use canned goods with two solder drops in the head.

If all the contents of the can are not immediately used, they should be removed to another dish, as they are likely to take up an injurious amount of tin if they are left in the can after the air has had access to the food.

### Symptoms of Poisoning.

These vary according to the poison. The first symptom is usually collapse. The patient becomes cold, lifeless, may be covered with a cold sweat, and in case of corrosive

poisoning, there will be a burn on the lips or in the mouth.

The commonest form of unconsciousness is what is known as a faint, from which the patient will usually recover if given air and kept in a horizontal position. If there are constricting bands, corsets, or tight collars, they should be loosened. A dash of cold water on the face will sometimes hasten the return to consciousness, although as a rule it is not necessary.

Unconsciousness may arise from apoplexy or from the use of opium, or alcohol. In apoplexy the pupils are large and may be unequal in size; the pulse is rapid, the breathing is noisy, and one cheek may puff out with the breath, the other remaining quiet. In alcoholic unconsciousness there will be of course the odour: there may be a noisy breathing, but with the lay person it would be especially difficult to distinguish between an apoplectic and alcoholic attack in case the patient had been using alcohol at the time he was taken with apoplexy, and it is quite important to distinguish between the two, for a remedy such as mustard water, that might be beneficial for alcoholic poisoning, might take the life of the apoplectic patient.

### Treatment of Poisoning.

First, send for a doctor.

Second, get rid of the poison by means of an emetic.

Neutralize the poison that remains.

Use some healing and soothing remedy.

### Carbolic Acid.

The best antidote is alcohol, and one should be sure to give enough, and give it quickly, for carbolic acid is a very rapid poison. Another remedy is Epsom Salts

which may be given in case there is no alcohol at hand.

#### Opium Poison.

First an emetic, then strong coffee, with six or eight hours walking the patient on his feet to keep him from going to sleep. If taken in time, tannic acid, or tea steeped a long time, will help to neutralize the opium. The best emetic is the finger inserted in the throat. Next to this may be mentioned a thick soap suds. This is very apt to come up quite promptly. Other things are syrup of ipecac and mustard water, but the most efficient probably is the finger or feather. The stimulants which should be used in opium poisoning are aromatic spirits of ammonia and the application of hot or cold to the extremities.

### CARE OF THE TEETH

IT is somewhat rare to find amongst civilized people an adult with a normal number of sound teeth. This is specially true of the rising generation.

In studying a tooth we find that it has a central cavity containing blood-vessels and nerves. This cavity is surrounded on all sides by a hard substance called dentine, which in its structure somewhat resembles bone. On the upper end the dentine is covered with enamel which is the hardest tissue in the body and forms what we call the crown, or exposed part of the tooth. Below, the dentine is covered with a cement substance very like bone. This lower, or unexposed portion forms the root or fang. Piercing the fangs are the blood vessels and nerves which supply the organ with nutriment and sensation.

The care of the teeth, includes, not only a supply of proper nutriment, but also cleanliness. The mineral matter present in teeth is practically identical with that of bone but more abundant and is composed largely of calcium carbonate and calcium phosphate.

Calcium is very deficient in some articles of diet, as in the flesh of adult animals usu-

ally consumed for food. White bread has in it much less mineral than wholemeal bread containing the bran of the wheat. Milk and the cereal foods are rich in calcium salts, or lime.

It would seem that those subsisting largely on meat and white bread do not give to the teeth the nutriment so necessary to keep them in good repair. Carnivorous animals, it is true, have good teeth, but invariably they eat not only the flesh but also the bones. Again, most people eat their food in a soft form, avoiding the things which require mastication. This takes away from the teeth work which is necessary in order to keep them healthy. Any organ of the body which is not in use loses, to a large extent, its ability for work and tends to waste away. An active working muscle receives about double the blood supply of a resting muscle. May this not also be true of the teeth and gums?

The Scotch Highlander used to live largely on hard oat cake and some of the Scandinavian nations who used hard unfermented breads were noted for their fine, healthy teeth. Old men of seventy or eighty years often possessed a full set of teeth in a sound condition.

It is a good plan to wash the teeth morning and evening with pure water and at the same time use a little mild soap or French chalk. After each meal any particles of food which remain between the teeth should be removed.

It is well to visit a qualified dentist in order to have the teeth inspected for possible cavities, which should receive immediate attention, otherwise the teeth will soon become useless and rapidly decay.

J. J. BELL, M. D.

"IN all our dealings with our fellows, it is necessary to touch *their* interests if we wish for a response."

BEWARE of the man whose neighbours are all "mean men."



## A Prescription

My pallid friend, is your pulse beating  
low?

Does the red wine of life too sluggishly  
flow?

Set it spinning through every tingling  
vein

By outdoor work, till you feel once  
again;

Like giving a cheery schoolboy shout;  
**Get out!**

"Are you morbid, and, like the owl in  
the tree,

Do you gloomily hoot at what you can't  
see?

Perhaps now, instead of being so wise,

You are only looking through jaundiced  
eyes;

Perhaps you are bilious, or getting too  
stout;

**Get out!**

"Out in the air where fresh breezes blow  
Away all the cobwebs that sometimes  
grow

In the brains of those who turn from  
the light,

To all gloomy thoughts instead of the  
bright.

Contend with such foes and put them to  
rout;

**Get out!"**

## Exercise

Activity is a manifestation of life; and a more abundant life is the reward of activity. Stagnation is the immediate forerunner of death. When a tree ceases to grow, it dies; still water soon becomes stagnant; running water is purest, for its activity affords a means for purification. The Dead Sea is a stagnant sink, and is called the Sea of Death, for it has no outlet, and therefore no activity. Fish can not live in its waters, for it has become a reservoir of poisons, which have been accumulating and multiplying for centuries.

This law of life holds good in the operation of every organ of the body. Muscles little used, become weak, teeth not used, soon decay; eyes little used, lose their power; they fulfil their respective functions with a strength

in direct proportion to their proper exercise.

The chief reason for weakness and disease is that through inactivity the blood becomes sluggish, and fails to fulfil its functions, which are, chiefly, to carry off the waste, effete matter from the organs and muscles and bones of the body, and then rebuild with new and better strength that which is broken down. It is impossible for the blood to do this work unless the lungs are supplied with fresh, pure air, and the body with good food; then the habits of life must be such that the blood will be sent vigorously upon its life-giving mission to every extremity of the body.

The value of regular, intelligent exercise can not be overestimated. It is the law of life in every living thing.

### The Best Time for Exercise

For busy people, the best time for exercise is when there is opportunity for it. Exercise is good at all times of the day, with the one exception, that violent exercise should not be taken immediately after meals; and, in fact, violent exercise can hardly be recommended at any time of the day. If busy people get the foolish idea that exercise should be taken only at a certain time in the day, that time is likely to be occupied, frequently, in some other way, and the exercise is practically dropped out, as in the case of the lazy philosopher who reasoned that it was not good for the health to take exercise between meals.

The natural tendency of most people, and particularly brain-workers, is to be lazy on the point of exercise. The Chinese philosopher was quite right in his reply when asked in what respect all nationalities are alike; he said, "They are all alike lazy." As poisons accumulate in the body, the lazy feeling increases.

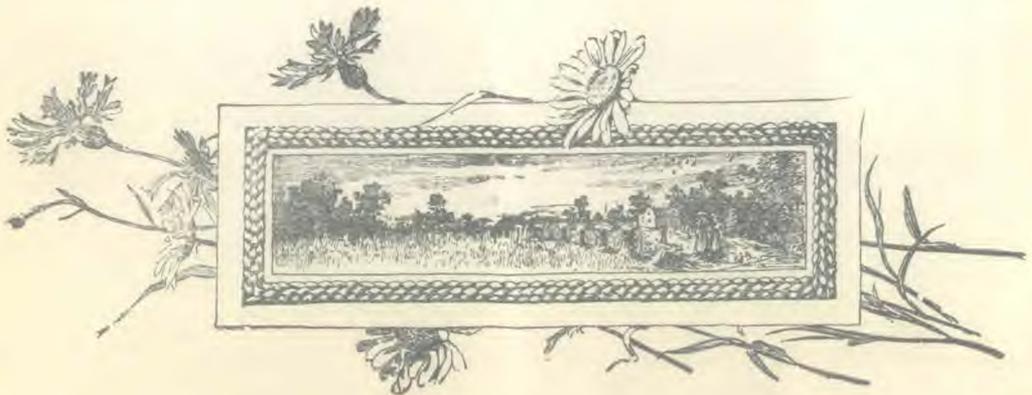
Daily exercise should be persisted in. It may require much physical courage and determination to throw off the dull unexplain-

able desire to keep quiet; but this must be done, and exercise taken every day if one would be strong and well. A vigorous morning walk; a half hour's work in the garden; a good walk to the office instead of riding on a street-car; light gymnastics for a few minutes in the office during the busy part of the day; vigorous washing of the face and hands when tired from overwork; an out-of-doors game with the children on returning home at night; deep breathing exercises whenever possible all through the day,—these are among the many ways of taking the needed exercise without losing much time. We should make it a rule to exercise enough, at least, every day, to start a free perspiration.

### The Best Kind of Exercise

Fortunately the most beneficial exercise is useful, interesting labour. What we say upon this point will apply chiefly to brain-workers and people of sedentary habits. The hard toilers at physical labour, both men and women, get exercise enough, and with such the question of rest is of primary importance. Exercise, taken simply for its own sake, is doubtless beneficial, but useful labour and joyful sport are the best for both mind and body.

—*Home and Health.*



### AGAINST ILL-FITTING AND BADLY SHAPED FOOTWEAR.

A LITTLE more common sense and a little less vanity in the matter of selecting footwear would be the means of saving an immense amount of needless discomfort, nervous irritability, fatigue, and, in many cases, actual suffering and even permanent lameness. The human foot is one of the most abused parts of the body. It was never intended to be so cramped, constricted and otherwise distorted or moulded into artificial shapes as is so often done nowadays. Nature's rebellion against this kind of treatment is shown by the development of such common afflictions as corns, bunions, ingrowing nails, flatfoot, due to fallen arches from weakened muscles, atrophied muscles of the legs, and other abnormalities. The importance of comfortable feet to efficiency, especially efficiency in locomotion, is shown by the attention which is given the shoes of soldiers, which are carefully adapted to the natural shape and movements of the human foot in the act of walking. The same hygienic principles could be more generally applied to the footwear of civilians and still allow sufficient opportunity for ornamentation and style.

Shoes should fit the foot. There should be no such thing as pain and suffering during the "breaking in" of a pair of shoes. Shoes that are too large are nearly as bad as those that are too small. The heel of the foot should fit snugly in the shoe, while the toes should be given just room enough to spread out flatly and allow of free movement. The great toe should be in a straight line with the instep and not cramped inwards toward the other toes.

The soles should be flexible and should follow the natural outline of the foot, which is somewhat fanlike in shape, the narrowest part being at the heel and the widest part at the toes. A sole that projects slightly beyond the uppers gives firmer support and greater protection to the soft parts of the foot.

During damp, wet weather, the protective power of the shoe can be greatly increased by the application to the sole of a little bit of vaseline, cosmoline or linseed oil. If a thin

coat of the greasy substance is applied at night, it will be absorbed by morning, thereby making the leather more waterproof and increasing its flexibility and durability.

Another simple and effective way to accomplish the same result is to rub the end of an ordinary candle over the sole of the shoe and then warm the shoe over a gas jet or lamp just enough to melt the candle material so that it will form a thin coating over the leather.

The heels should be low and broad. High heels give the foot an unnatural position, which cramps the toes and otherwise distorts the shape of the foot, tilts the whole body forward, and gives rise to an awkward and unnatural gait which causes the person to tire easily and to suffer other discomforts.

Tight and badly fitting shoes also do much harm indirectly by interfering with the healthful exercise of walking, which people will naturally reduce to a minimum when it is accompanied by discomfort or actual suffering.

RICHARD H. HARTE IN OLD PENN

### THE SUPPRESSION OF SLEEP-DISTURBING NOISES.

REGULAR hours of rest and sleep are necessary for the maintenance of health and efficiency. The amount of sleep required varies with different individuals and at different ages, the young requiring longer periods of repose as a rule than older persons. Eight hours or one-third of the entire day is a safe allotment for the average healthy person, although many people do not find their health, comfort or efficiency impaired by a shorter period. It is principally during the repose and relaxation of sleep that the fatigue and waste products are eliminated from the muscles and tissues of the body and that these are built up and restored. In order that sleep be most refreshing and valuable, it should be sound and undisturbed by noise or other annoyance. Two important essentials favouring sound, healthy sleep, as far as environment is concerned, are quiet and darkness. Without these, the tired worker can hardly expect to be restored to maximum efficiency, and, if sound sleep is interfered with over any considerable length of time, impaired health will surely result.

Noise may deprive sleep of some of its restful and restorative benefits even though it may not actually interrupt sleep by waking the person entirely. None of the physical or mental functions of the body is in absolute abeyance even during the soundest sleep. This is a provision of Nature to protect us from harm during the period of relative unconsciousness to our surroundings that prevails during slumber. The reaction of a sleeping person to an unduly loud, shrill or sudden noise is commonly shown, especially in babies and children, by a startling movement of the body which often amounts to a definite shock to the sensitive nervous system. When the noise is loud enough or of a character to wake the person from a sound sleep, a violent mental and bodily disturbance is usually felt and the nervous shock is often such as to make it difficult for the disturbed person to compose himself sufficiently to fall asleep again.

No sensible person who lives in a large city, which is the centre of so many and varied activities, expects to find the quiet and calm of the country. But every citizen has the right to expect that the period of the day that he sets aside for rest and sleep shall be disturbed as little as possible. Furthermore, it is really surprising with what equanimity the vast majority of people tolerate and quickly adjust themselves to noises that are really necessary and which serve some useful purpose. The campaign is not against noise, but against unnecessary and preventable noise—the hundred and one harsh and discordant sounds for which there is absolutely no excuse.

It must be borne in mind too that there are thousands of night-workers in the city who must get their rest and sleep during the daytime, and that they are especially deserving of every consideration and protection from unnecessary and preventable noises.

—Old Penn.

### SELFISHNESS A FOE TO GOOD HEALTH.

"ONE cannot say that selfishness is responsible for nervousness, and yet unquestionably it is often a considerable factor in causing nervous ailments.

"The self-centred individual who is continually thinking of his own comfort, and who manifests annoyance over every trifle which interferes with his particular occupation or activity, is running a decided risk. With advancing age a marked degree of irritability is almost sure to follow.

"If a selfish attitude is cultivated and consideration is demanded for individual whims, without consideration for others, this readily grows to be little less than a mania. Our nervous systems are delicately adjusted and, once the mind weakens its control, it is apt to become a factor for pain and discomfort.

"In the beginning many of the things which 'get on our nerves' do not really distress us. We note them casually. With their repetition comes the selfish wish to have our individual comfort considered, without regard for general conditions. If we give way to this, the most trifling occurrences hold the possibility of causing infinite annoyance.

"The greatest number of sufferers from nervous diseases are not, as might be expected, overworked individuals, but are commonly enough, people who have little or nothing to do, and for want of activity devote too much time to thinking of self.

"Let us be unselfish and avoid the spreading of this all too common complaint."—*Samuel G. Dixon, M. D.*

### VENTILATION IN ITS RELATION TO AIR BORNE DISEASES.

As our acquaintance with transmissible diseases, and particularly with the agents by which they are excited, become more intimate, it is borne in on us that the term "Air borne" as applied to such diseases will soon be little more than a figure of speech.

Until comparatively a short time ago the exanthemata—i. e., measles, scarlet fever, small-pox, chicken-pox, etc., were regarded as pre-eminently the diseases transmitted from the sick to the well by way of the air, the infection occurring through the ingestion or inhalation of particles liberated from the surfaces during the course of the disease, in some cases especially during convalescence.

In at least two instances—notably scarlet fever and measles, such trustworthy studies as it has been possible to make, lead to the opinion that desquamated particles are of but subordinate importance as transmitters when compared with secretions from the throat and nose, and with the internal fluids of the body.

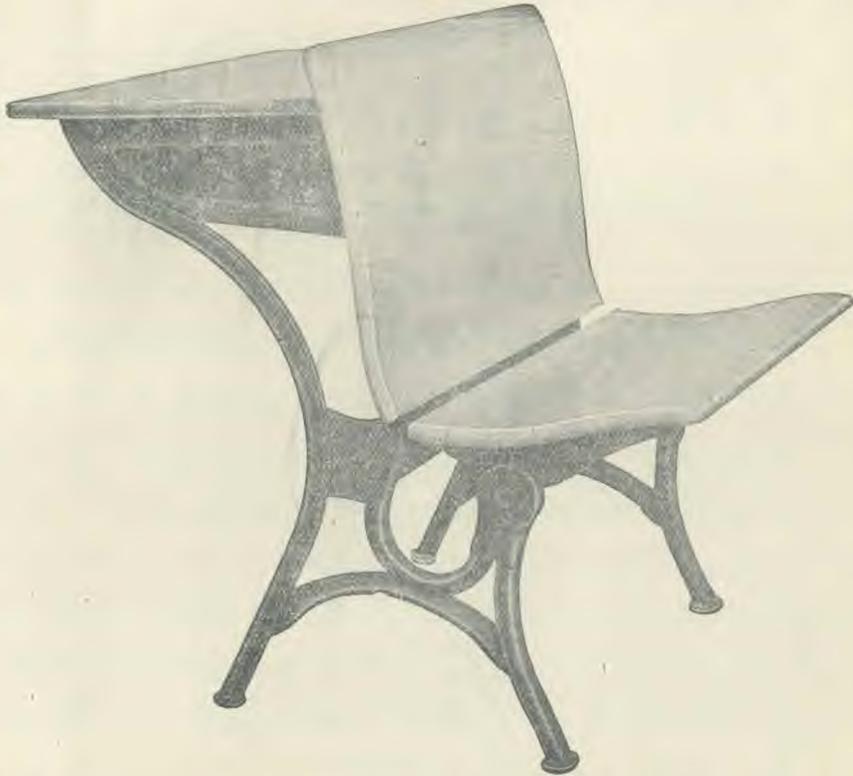
In several hospitals for the care of contagious diseases in England and France, and in particular in America, it has been conclusively demonstrated that certain of the so-called "Air borne" diseases may be treated side by side in the same ward without fear of greater transmission than commonly occurs when they are treated in separate wards, by close atten-

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opened they were all dead but twenty-three.

Now, what killed these one hundred and twenty-three soldiers? They were all killed by their own breath—poisoned by this carbonic acid gas, which is one of the gases of the choke damp which kills so many of our brave colliers after an explosion.

Moreover, this same gas is produced whenever we burn fires, gas, candles, or lamps, and our houses would therefore soon become full of it if it were not removed in some way.

This is what is meant by ventilation, which is simply the removal of the poisonous carbonic acid gas and the admission of pure air in its place.

We therefore see something of the necessity of letting in plenty of fresh air into our houses, and especially into our bedrooms where we spend nearly one-third of our lives.

But, it is urged, won't we get cold if we open our bedroom windows and expose our selves so much to the air when we are asleep?

Well, I must tell you that whereas it was formerly believed that a "cold" was entirely due to the action of the cold air upon the skin—by lowering its temperature and driving the blood inward—we have of late come to recognise another factor in the causation of the symptoms, and that factor is what are known as germs, or microbes. These microscopical things are regarded as omnipresent in the air, and as being inhaled at every breath. But in the blood they meet the white blood corpuscles—the phagocytes, as they are called—which destroy and so get rid of them, so long as they themselves are in good condition. But if, from any cause, they are unable to kill these disease germs, then will these at once begin to breed in the blood, and so will the disease get hold.

Our immunity from disease, therefore, largely depends upon the integrity and the good health of our phagocytes which, like the police of the blood—which they are—attack and destroy the disease germs, so

long as they are active and on the alert; and anything which reduces this alertness lowers our vitality and resistance power, and is therefore the real cause of the disease.

Now among the agents which can do this is bad air: and when we "get cold" after being in a heated and badly ventilated place, the real reason is not so much the cold as the lowering of our resistance power by our having breathed so much impure air *before* we were exposed to the cold air.

We see, therefore, the necessity of our getting as much pure air as possible at all times.

The one disease which is especially encouraged by bad air is consumption, its most serious form being that of consumption of the lungs, during which the lungs waste away and the patient spits a good deal—the disease being "catching" through this spit, when it is allowed to become dry, and so can be spread in the form of dust. So that no "consumptive" should ever spit in any place where this is likely to result.

But more than that, no person, whether consumptive or not, should spit in any public place. And, in fact, *no one should spit at all.*

The human saliva is not only offensive, but it is dangerous: and no one has a right to spit where it may offend or harm anyone.

The greatest offenders in this respect are the smokers; and the following incident is typical of much.

Sitting beside me on a railway platform one day was a smoker who was spitting on the flags.

"You shouldn't spit there," I ventured to say.

"Where must I spit, then?" he asked.

"You shouldn't spit anywhere," I replied.

"And how must I do when I'm smoking? I can't smoke without spitting, can I?" he asked.

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## NEWS NOTES

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### EXERCISE MAY BE OVERDONE

HEALTH requires very little exercise, far less than people generally imagine. Professional acrobats exercise their stunts only a few minutes a day, rarely more than fifteen. They find that more exhausts them and makes their work dangerous. They live to a good old age if they escape accident, and so do clergymen; but the heavy workers, like stevedores and porters, die prematurely. A number of men of stocky build, notably Theodore Roosevelt, have created the impression that exercise has been the cause and not the result of their physique. There is no question that muscles will enlarge somewhat under training, and the bones adjust themselves to the strain, but a man's physique is what he gets from his ancestors as modified by his early feeding and environment. . . . Athletes generally quit before 35, most of them before 30, because the heart cannot stand it. Even golf, the ideal sport for the mature and aged, can be fatal to a weak heart in the effort of making a long drive.—*American Medicine.*

### STEEL PLANT BARS OUT LIQUOR

The Illinois Steel Company, U. S. America, has determined to reduce industrial accidents by employing only sober men. The drinkers, if they will not reform, must go. The management of the company is determined that it will not be under the constant necessity of paying out large sums for indemnity for accidents caused by liquor drinking. In order to help the men to take a manly stand the company has installed in conspicuous places electric signs, such as, "DID BOOZE EVER DO YOU ANY GOOD—HELP YOU GET A BETTER JOB—CONTRIBUTE TO THE HAPPINESS OF YOUR FAMILY?" Milk venders are to make regular trips through the factory, supplying the men with a better beverage than beer. Thus by an educational campaign and by taking away one of the incentives to drinking, it is hoped to reform many of the men. Those who persist in drinking will lose their jobs.

### MICE CARRY PLAGUE.

In New Orleans, U. S. America, it has been shown that mice may be infected with plague, and hence through the flea may be the means of transmitting plague to man. Plague-infected mice have been found in New Orleans.

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## THE DAINTIEST FOOD FOR BREAKFAST

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## Granose Flakes

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Take the dry, crisp wheat flakes as they come from the tin, and pour over them just enough fresh, cold milk and cream to nicely moisten them—then lay to—and enjoy yourself. There's nothing like it.

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## BORDERLAND OF DISEASE.

A physician, in the *British Medical Journal*, calls attention to the fact that most of the medical teaching is based on observations in the clinics, where well-advanced cases, rare conditions, anomalies, etc., are shown to students to the neglect of minor, everyday ailments which would form the greater proportion of their actual practice.

## LIGHTNING ROD VINDICATED.

Two Canadian investigators have carefully collated information regarding the correlation between the presence of lightning rods on buildings and the immunity of these buildings to damage from lightning. The question they attempted to solve was, Do lightning rods afford a protection against lightning? From their report the protection amounts to considerably more than ninety-nine per cent. In Michigan they found for every \$1 loss on protected buildings, \$1,168 loss on unprotected buildings. In view of the fact that often the rods have been hurriedly put up by irresponsible agents, it is reasonable to infer that if the rods are put up properly, the protection is absolute.

## FOOD FOR THE ARMIES.

It is difficult for one to realize the vastness of the military operations in Europe. To feed one million men a day requires 1,200 tons of food, enough to fill fifty-six cars—twenty tons each. That is, for every million men on the field—and altogether there must be several times a million men facing each other on the battle field—there must be brought up two trainloads of food daily; for whether or not a country feeds its men generously in times of peace, it does so in time of war, knowing that an undernourished soldier, is not so reliable as one who is well fed. Occasionally there are half-starved soldiers at the front, but it is because rapid movements have interfered with the arrangements for getting food to the men.

## THE PLAGUE IN EUROPE.

Strickland, in the *Lancet* (London), shows that it was the black rat that transmitted the epidemics of bubonic plague which devastated Europe in past centuries. The black rat, which was essentially a house rat and congregated as near to man as possible, has been largely superseded by the brown rat, which gets as far as possible from man, leaving the cities in the summer for the open country. This may partially explain why Europe has not been visited by epidemics recently.

## AN AEROPLANE MEDICAL TRIP

A PHYSICIAN eight miles from Villacoubley, near Paris was summoned to the side of a mechanic who had been seriously injured. An aeroplane was stationed near the place where the physician was. The physician seized his instrument case, summoned the airman, took his place in the extra seat, and in six minutes they had covered the distance of eight miles to Villacoubley, reaching there in time to save the man's life.

## TONSILLITIS IN BABIES

Fischer, in the *Medical Record* (New York), says that tonsillitis and gastric fever follow a deranged stomach in the infant as well as in the older child. It is important to examine the throat of every child when it refuses to eat. Fischer advises for tonsillitis, in such cases, an alkaline laxative, such as compound jalap powder, with free water drinking, but no food.

## ADVERSITY

A HIGH character might be produced, I suppose, by continued prosperity, but it has very seldom been the case. Adversity, however it may appear to be our foe, is our true friend; and, after a little acquaintance with it we receive it as a precious thing—the prophecy of a coming joy. It should be no ambition of ours to traverse a path without a thorn or a stone.  
—Charles H. Spurgeon.

## A PAPER BOAT

A FORMER admiral of the Japanese navy has invented a process of making boats from a kind of paper called *hashikirazu*. By some chemical process, this paper is rendered waterproof. The boats are collapsible, and when stored, each occupies a space of about one cubic foot.

## CHINESE COLD STORAGE

MORE than sixty thousand cases of cold-storage eggs recently reached Europe from China, by way of the Panama Canal and New York City. Printing is not the only "art preservative" that the Chinese have mastered.

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